



The Substance Abuse and Mental Health Services Administration's Family Guide Web Site

www.family.samhsa.gov

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FEATURED ARTICLE

Effects of Alcohol



IN THE NEWS

- Experts and Parents on Dealing With Teenagers
- Children: Are we misreading the warning signs?
- Report Shows More People in Treatment Started Using Drugs at an Earlier Age
- [Newsroom](#)

Welcome

- [Talk with Your Child](#)
- [Get Involved](#)
- [Set Rules](#)
- [Be a Role Model](#)
- [Teach Kids To Choose Friends Wisely](#)
- [Monitor Your Child's Activities](#)
- [Resources](#)
 - [Activities](#)
 - [Drug Facts](#)
 - [Getting Treatment](#)
 - [Links](#)
 - [Mental Health Dictionary](#)
 - [Multimedia](#)

START TALKING BEFORE THEY START DRINKING



www.stopalcoholabuse.gov

BUILDING BLOCKS FOR A HEALTHY FUTURE



Hispanic-Latino Initiative



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention
www.samhsa.gov

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A Family Guide To Keeping Youth Mentally Healthy & Drug Free is a public education Web site to help adults promote mental health and prevent the use of alcohol, tobacco, and illegal drugs among 7- to 18-year-olds.

Special features include:

- Video vignettes
- Research-based articles
- Activities for adults to use with children
- Newsroom
- Treatment resources and other links.



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